

Hitting the JUUL increases nicotine addiction

Will Horton
Staff Writer

A sleek, stylish and powerfully addictive device that resembles a USB drive, the JUUL has undermined years of scientific research, ad campaigns and government regulations committed to nicotine addiction prevention.

JUUL is a type of e-cigarette with one marked difference from run-of-the-mill vapes: the pods contain a cigarette-worthy dose of nicotine, instead of the flavored liquids that come in a variety of nicotine strengths, even zero nicotine.

Nicotine addiction among young people has steadily decreased in the past 20 years. In 2017, six percent of young people reported to be addicted to nicotine. Twenty years ago, it was nearly 25 percent.

This dramatic improvement is the result of anti-smoking campaigns, smoking bans and increased public awareness of the dangers of nicotine addiction.

JUUL advertises its product as something designed for adult smokers to reduce or eliminate their consumption of cigarettes.

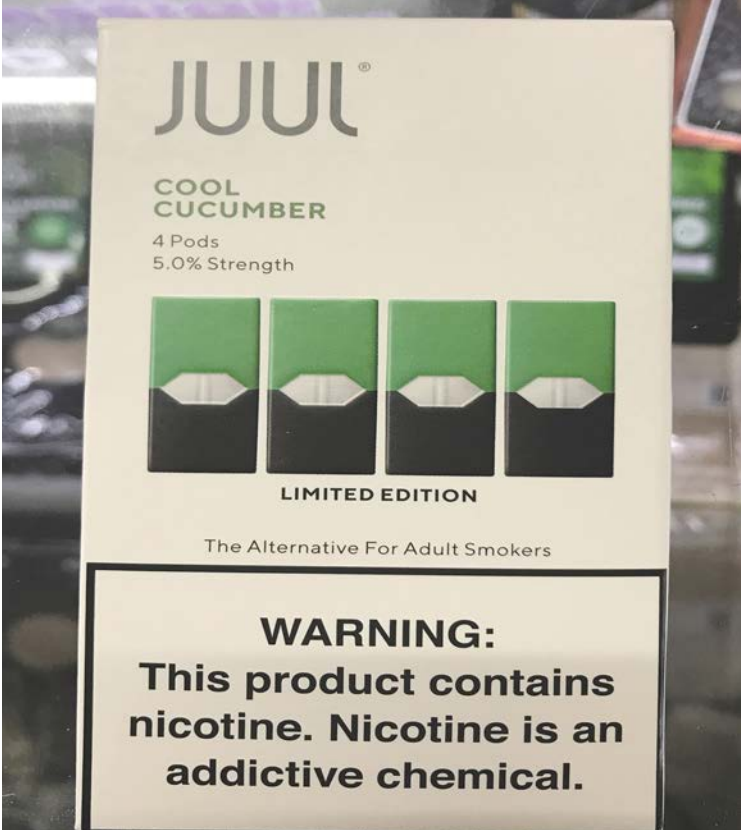
However, there has been widespread debate over whether or not this is JUUL's true intention because of JUUL's immense popularity among younger audiences. JUULs are most popular among high school and college students, particularly ones who have never smoked before.

"I've never smoked a cigarette before," said a sophomore geography major who is addicted to JUULing.* "In fact, it's never even crossed my mind."

JUULs arguably create a more severe nicotine dependence than cigarettes because of their convenience. Users can hit their JUUL indoors without stinking up a room; students also discreetly hit their JUUL in class.



Will Horton / Staff Writer



Will Horton / Staff Writer

New warning labels (right) have recently appeared on packages of JUUL pods after backlash.

JUUL hit the market as a spin off from PAX Labs in 2015 with moderate success. Then in 2016, JUUL sales boomed, increasing by 700 percent, and JUUL developed a ubiquitous presence on social media.

According to Bloomberg Newsweek, JUUL currently controls nearly 75 percent of the e-cigarette market and is valued at \$15 billion.

"I would say that over a quarter of our sales come from the JUUL," said Cooper Drake, an employee at Pipe Dreams, a smoke shop in Milledgeville. "It's certainly a thing that's cool and in style."

JUUL "pods" contain nicotine, a psychoactive chemical that the National Center for Biotechnical Information (NCBI) deems to be just as addictive as cocaine.

JUULs operate by heating up "pods" full

of e-liquid, turning the liquid into aerosol for inhalation.

One pod delivers approximately the same amount of nicotine as a whole pack of cigarettes. A pack of four pods usually costs \$15 to \$20.

"It's just not sustainable," said the same GC student. "If I'm going through three or four pods every two days, I just can't afford it anymore. JUULing is too expensive."

JUUL states that the other chemicals in the pods aren't toxic, though this is not corroborated by the FDA. Nicotine dependence alone leads to adverse health effects since nicotine is a highly toxic substance.

According to the NCBI, nicotine's toxicity can lead to, in severe cases, "tremors, prostration, convulsion, [and]... even coma."

There is no doubt that JUULing is a social activity among young people. JUUL issues several different kinds of flavors of pods, which incentivizes young people to buy more flavors and try other people's flavors.

Prior generations picked up smoking for the sake of being cool and stylish, the same reasons young people JUUL today, but prior generations were unaware of the health risks of nicotine.

This leaves social scientists and advertisers scratching their heads, wondering why the most educated generation continues to choose this harmful substance.

*The student preferred that their name be omitted.

Investing time in library leads to student success

Wilson Roberts
Staff Writer

Spending more time in the library leads to success.

The GC library currently has 37 study rooms with 13 being walk-ins and 24 requiring a reservation. With 25,034 bookings last year, the rooms are constantly in use.

In the past year, GC students have spent 57,576 hour, in the study rooms throughout the Ina Dillard Library, with 3,908 unique bookings.

The 57.5 percent of students using the study rooms probably didn't realize the correlation between spending time in the library and higher GPAs.

To get a walk-in study room, students can go to the 3D printing desk and talk to one of the student assistants. Students can also reserve rooms online through the GC library website.

"We give out keys to study rooms, as well as answer any questions students have, and we can help with some introductory computer questions," said senior Andrew O'Connor, a political science major, who works at the 3D printing desk.

If the 3D printing desk is closed, students can pick up study room keys from the circulation desk.

Senior Amy Spradlin, a public health major, who is a student assistant at the circulation desk, said that the circulation desk has a lot of responsibilities.

"The circulation desk is where students go to pick up books, movies, electronics or games they have reserved, or if they just have a question, we are a great place to ask it," Spradlin said. "The circulation desk has a lot of things people don't know about, so they don't know to ask."

Most study rooms are located on the third floor of the library which is a quiet zone.

Donna Bennett, the associate director of Collection and Resource

Services, said that the study rooms are only one small reason to visit the library.

"The library has a lot of good resources and materials," Bennett said. "We have sound booths..., a virtual reality room, [an] anatomy and physiology room and even a piano that people can come and play on."

Jamie Addy, the first and second year librarian, said she believes that the Learning Commons is just as important as the other resources the library offers.

The Learning Commons includes the Research Center, the Learning Center and the Writing Center.

The Learning Center has tutors in a variety of different subjects available Monday through Thursday noon/ to 8:00 p.m. The Research Center provides students help with research papers, finding reliable sources and narrowing down topics, and the Writing Center helps teach students how to be better writers.

However, the Research Center had less than 445 GC students take advan-

tage of its help during the spring semester of last year.

The library also has many resources for students who cannot or do not want to visit in person.

On the library website, students can reserve study rooms and electronic equipment such as cameras, laptops and microphones. The website also allows access to Galileo, and many of the books available in the library are in the library catalog.

For students wanting to print, the library has black and white printing for 10 cents a page, color printing for 75 cents a page and 3D printing for 10 cents a gram, as well as poster printing.

Bennett also said that orientation tours aren't enough to get a good understanding of what the library has to offer.

"I encourage students to come and explore the library," Bennett said. "This place has a lot of cool stuff and good resources, and only by exploring it are you going to be able to find what excites you."

NEWS



ALL ABOUT PROVOST BROWN

Kelli Brown works behind the scenes to give GC students and faculty the best opportunities to succeed.

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SPORTS



THREE BOBCATS DRAFTED

The 2018 MLB Draft saw a record three Bobcat baseball players selected to play professionally.

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ARTS & LIFE



HIDDEN GEMS

GC Music Department raises money for student scholarships.

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NEWS

Provost Brown cultivates success for GC

Amy Lynn McDonald
Assistant News Editor

Kelli Brown’s desk might as well read, “The buck stops here.”

As provost, Brown is responsible for overseeing academic affairs with faculty, implementing student success programs and heading the administrative areas of the university at large.

While she is not the public face of GC like President Dorman or a personal face like a professor, she is the heartbeat, connecting all areas so the university as a whole can put its best foot forward.

“My job is taking down roadblocks and helping facilitate good things that are happening,” Brown said. “That’s a great job!”

Brown brought the university into the 2010’s by applying data analytics to decision making-processes within the administration in areas like student advising and admissions, in order to pinpoint areas to improve and strengths to celebrate.

Applauding a job well done is an important aspect of Brown’s work with GC faculty.

For years, GC had an existing tradition of giving awards to faculty and staff members for excellence in areas like teaching and scholarship, along with a check.

However, Brown incentivized these awards by giving an increase in base salary, along with a statue of a bobcat designed by the art department. This way, the distinguished faculty or staff member would feel celebrated for their efforts while also seeing their excellence reflected in their paycheck.

Much of her work is not this visible and goes on behind the scenes, working directly with the deans of the four colleges on campus, as well as the Chief Information Officer and University Librarian, and reporting to President Dorman directly.

Brown delegates other academic matters and student success initiatives to two associate provosts, with whom she has regular meetings in order to stay in the loop and oversee challenges and progress.

Costas Spirou serves as the senior associate provost in charge of departments such as graduate studies, institutional research and program evaluation and development, working hand-in-hand with faculty to see their careers succeed.

When Brown stepped onto campus in 2013, she set her sights on streamlining and improving opportunities for students to succeed.

Carolyn Denard’s position of associate provost for student success manifested to fill this need. The Center for Student Success took shape by consolidating programs like Bridge Scholars, Honors and Leadership, as well as the newly created academic advising center that replaced the traditional faculty and student pairing with 19 professional advisers.

visers.

“It’s important to get good people, delegate to them, make sure they understand their responsibilities and then let them be creative and do their good work,” Brown said.

Since Brown’s start at GC, the National Scholarships Office has been formed has giving students a place to find information about and apply for internationally recognized scholarships such as the Fulbright and Truman.

“Having a one-stop place helps students and faculty,” said Anna Whiteside, coordinator at the National Scholarships Office. “A lot of times faculty will have a really good student, but they aren’t sure what award would be the best fit, so I help them figure out what’s appropriate.”

Being provost means working behind the scenes so the players on stage can perform at their best. Brown serves the faculty and students.

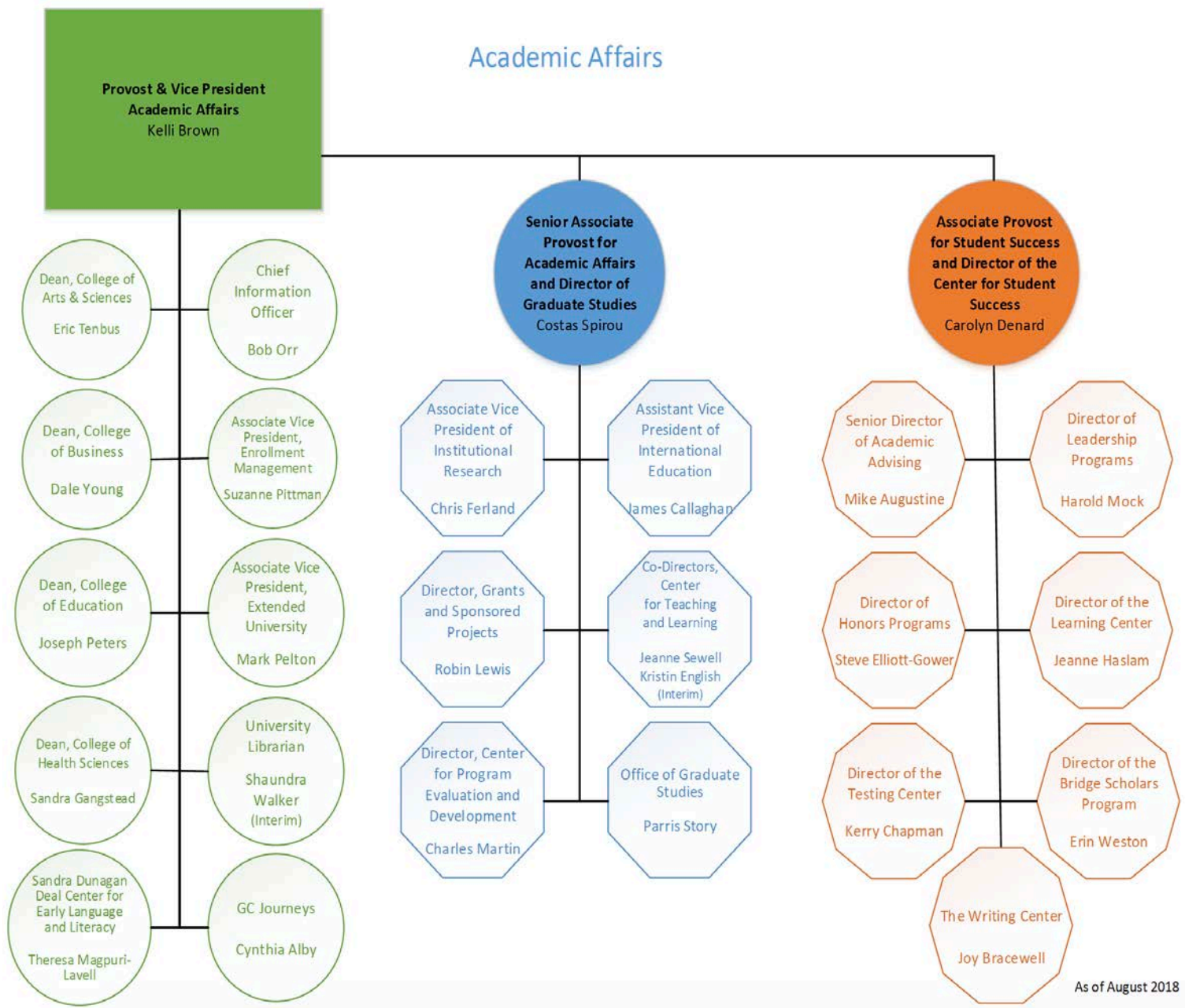
“I love the engaged faculty, great students and staff [who] really care about the success of the university,” Brown said. “That is rare combination, and we have it here at GC.”

She is at the forefront of GC’s culture of caring about each other and the university as a whole, which leads to the success of students, staff and faculty.



Amy Lynn McDonald / Assistant News Editor

Brown displaying her creation, the Bobcat Award, in her office.



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SPORTS

MLB Draft sees record three Bobcats drafted



Courtesy of GC Communications

2017 GC draft pick Brandon Benson (left) poses with 2018 GC draft pick Logan Mattix after facing each other in a series early August.

Steven Walters
Editor-in-Chief

The GC Baseball Team capped off a successful 2018 campaign by having a record three players selected in the Major League Baseball First-Year Player Draft. Major League teams picked Logan Mattix, Brandon Purcell and Brandt Stallings to compete at the next level in their baseball careers.

“I think it’s awesome,” said head baseball coach Jason Eller. “I think it says a lot of the caliber of player that were already in the program when we got here. We’ve been able to retain those players, and we’ve also been able to bring in some guys like Brandt Stallings who was a big-time prospect.”

Of the three players drafted from GC in June, Mattix heard his name called first. The Houston Astros selected the athletic, 6-foot, 185-pound outfielder in the 25th round with pick No. 762.

“It was awesome,” Mattix said of being drafted. “I mean, it’s a dream come true, just dreaming about it my whole life since I’ve been playing at such a young age. Growing up just watching MLB on TV, it’s always been a dream of mine to get drafted and play professional baseball, and it’s just cool to see it come true.”

Mattix, a native of Loganville, Georgia, displayed potential early in his college career

“

Growing up just watching MLB on TV, it’s always been a dream of mine to get drafted and play professional baseball, and it’s just cool to see it come true.”

-Logan Mattix

”

when he batted .316 with five home runs and 46 RBI as a freshman in 2015.

After a solid 2016 campaign, Eller said assistant coach Jake Sandlin worked with Mattix to change his approach at the plate. Though he displayed a powerful bat, Mattix had never hit higher than .333 in any season prior to his junior year.

“I asked him to hit .400,” Eller said. “I was

like, ‘That’s how you’re gonna get drafted, not by hitting 12 tanks.’ Because defensively, he’s about as fun to watch.”

Mattix, who received a Rawlings/ABCA Gold Glove Award for his defense in 2017, progressed in the average department during his next two seasons, hitting .366 as a junior in 2017 and .400 as a senior in 2018.

As a senior, he set career-highs in average (.400), hits (90), doubles (19), triples (four), RBI (67), walks (30), on-base percentage (.460) and slugging percentage (.640), which netted him PBC Player of the Year honors.

After being named a PBC gold scholar twice during his GC career for having a year GPA between 3.75 and 4.0, Mattix completed his degree in marketing before being drafted.

Stallings saw his name fly off the board next as the Cincinnati Reds selected him in the 28th round. Stallings said he was on his way to Sandersville, Georgia, to celebrate his girlfriend’s mom’s birthday when he received the call.

“My agent called me first and asked me if that was something I wanted to do, and I said absolutely,” Stallings said. “Then I saw it on Twitter. I was trying to keep up with it, and the area scout John Poloni actually gave me a call as well to congratulate me. I was actually in downtown Sparta when that happened. I remember the gas station I was pulled over at, and mom got out and gave me a hug.”

The 6-foot-4, 215-pound outfielder wowed scouts with his power potential in high school. In 2014, he competed at San Diego’s Petco Park as a Perfect Game All-American and won the home run derby competition.

Stallings played two years at Georgia Tech before transferring to GC in the fall of 2017. He showcased his power at GC in his junior season in 2018 and finished the season second in home runs (seven) and tied-first in doubles (19) in roughly three-quarters the at-bats of most of his teammates.

Eller said he thinks the best is yet to come for the physical slugger.

“Physically his body is still connecting,” Eller said. “Once everything in him just gets on one frame and he gets some pro at-bats under his belt, I mean strength and leverage-wise, he’s as big as Giancarlo Stanton...

And I just think that he needs some at-bats, and he needs to figure out what his set up wants to be, what kind of hitter he wants to be.”

Next up for the Bobcats was Purcell, who heard his name called by the St. Louis Cardinals in the 32nd round.

“I think Purcell’s the one that just played so well within the system,” Eller said. “He hit a home run Friday night [April 13] against

Major League teams in 2017.

Eller said there are a variety of factors that go into a player being selected in the draft.

“I think the first thing they have to do is put up numbers,” Eller said. “And then the second thing they have to do is they have to look like a professional baseball player when the scouts come evaluate them. So they have to fill out their uniform and they have to look probably bigger than everybody on a Division II field.”

While he acknowledged that he never played professionally, Eller said that professional baseball is much different than college baseball because of the amount of games on the schedule. In college, teams usually play three or four games a week, but in professional baseball, teams usually play every day. Stallings and Benson noted the same concept.

“Playing every day is definitely something to get used to. It’s more of a grind for sure,” Benson said. “It’s a grind to get your body ready. You’ve got to pay attention to what you put into your body and all that, so it’s just a grind.”

With the Minor League seasons winding down over the next few weeks, Eller said he hopes the players will come back at some point to talk and workout with the team.

Georgia College Players in MLB Draft			
Year	GC Player	Round	Organization
2018	Logan Mattix	25	Houston Astros
2018	Brandt Stallings	28	Cincinnati Reds
2018	Brandon Purcell	32	St. Louis Cardinals
2017	Brandon Benson	20	St. Louis Cardinals
2011	Richard Pirkle	35	Colorado Rockies
2010	Alexander Burkard	49	Los Angeles Angels
2007	Andy Reichard	13	San Francisco Giants
2007	Michael Antonini	18	New York Mets
2006	Michael Deveaux	33	Philadelphia Phillies
2006	Michael Antonini	41	Philadelphia Phillies
2005	Matt Goyen	3	Florida Marlins
2005	Brandon Durden	4	Colorado Rockies
2004	Matt Goyen	27	Tampa Bay Rays
2004	Jamie Langham	27	Cincinnati Reds
2002	Gary Harris	18	Seattle Mariners
2002	Brian Bulger	25	Tampa Bay Rays
1999	Aaron Fera	32	Toronto Blue Jays
1996	Jason Glover	30	Milwaukee Brewers
1995	Jason Glover	43	Baltimore Orioles
1980	Russell Eagel	21	Atlanta Braves
1969	William Woodruff	3	Pittsburgh Pirates

Data from thebaseballcube.com

Flagler that just rocked this place, and if there was any scout in the stands that night, I would’ve signed him.”

After redshirting his freshman year in 2014, Purcell split time at catcher with senior Steve Hazel and took over the job in 2016 when he batted .349 with seven home runs, eight doubles, 31 stolen bases and a .461 OBP. He posted similar numbers the next two seasons and helped the Bobcats to back-to-back PBC Championships.


According to GC sports information director Al Weston, Purcell is just one class away from completing his accounting degree.

Including Brandon Benson, who was drafted by the St. Louis Cardinals in 2017, GC has produced four draft picks in the two years under Eller. According to NCAA.org, Division II players accounted for 73 of the 1,215, or six percent of the players drafted by

Looking forward to the 2019 MLB Draft, Eller mentioned Wesley Wommack, Cal Gentry and Bradley Cammack among a handful of other players who potentially could follow in the footsteps of Benson, Mattix, Purcell and Stallings.

After a season in which the team won the conference, led Division II in batting average and placed a record number of players on the PBC All-Academic Team, Eller said he hopes the program can continue to consistently produce draft picks.

“There’s just so much history here, at our university, at John Kurtz Field, to me that’s how it should be,” Eller said. “And I’m hoping that we can continue that little streak that we started in the 2019 draft.”




LOGAN MATTIX

OUTFIELDER - #23

2018 STATISTICS	GAMES	HITS	RUNS	2B	HR	RBI
GEORGIA COLLEGE	56	90	62	19	9	67
MINOR LEAGUES	52	38	16	8	2	16



Stats from MiLB.com and GC Athletics



BRANDON PURCELL

CATCHER - #4

2018 STATISTICS	GAMES	HITS	RUNS	2B	HR	RBI
GEORGIA COLLEGE	56	75	64	19	5	56
MINOR LEAGUES	23	18	9	3	3	21



BRANDT STALLINGS

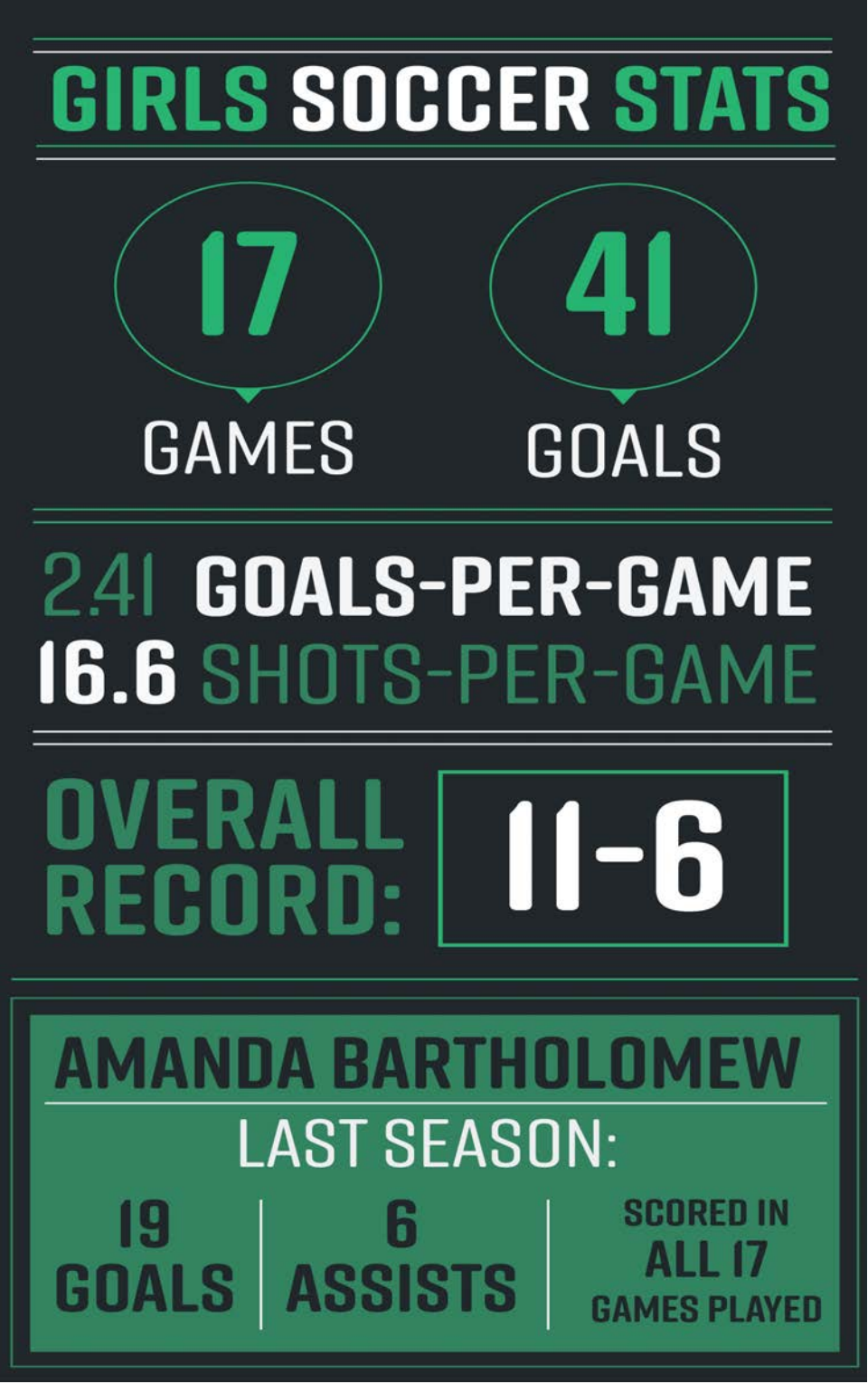
OUTFIELDER - #25

2018 STATISTICS	GAMES	HITS	RUNS	2B	HR	RBI
GEORGIA COLLEGE	43	49	35	19	7	39
MINOR LEAGUES	30	14	15	2	2	6

Infographic by Steven Walters

SPORTS

Soccer team builds a winning foundation



8.29.2018

ARTS & LIFE

Student travels to Santiago, Chile, stays two months

Ashley Boyle
Arts & Life Editor

“Do it.”

These are two words of advice from Brantley Nicholson for any student considering studying abroad.

Nicholson, a world languages and culture assistant professor, facilitates a study abroad program in Santiago, Chile.

Participants take upper-level Spanish classes at the Universidad de los Andes and complete a job-shadowing program in their field of interest.

Students also learn about Chilean culture by visiting museums and listening to guest speakers.

“It really is a three-fold experience,” Nicholson said. “Students develop personally being abroad, they develop an emotional attachment to friends and their host families and they gain professional experience.”

Participant Sarah Robles said that the experience felt like a natural ending to her Spanish minor.

Speaking Spanish in a foreign country is a much different experience than speaking Spanish in a classroom setting. Robles gave up on having perfect grammar in order to keep up with the notoriously fast-paced Chilean Spanish.

Mary Emma Johnson touched down in Atlanta the Friday before classes started.

It was her first time on American soil after spending two months in Santiago.

For Johnson, what was supposed to be a three-week trip turned into a two-month extended stay.

After two weeks in Chile, Johnson realized that she was not ready to go home.

When her job-shadowing program ended, Johnson took over a friend’s job working for a hostel and continued living with the family who hosted her during her internship.

She also made friends through the university while she was taking classes since Chilean students were allowed to come to their events. When they found out she was staying, they would continue to invite her to hang out with them.

More often than not, “hanging out” meant partying.

“I feel like it’s always a party there,” Johnson said with a laugh.

Partying in Chile can mean anything from a group of friends having appetizers and drinks to an apartment full of people dancing.

No matter the size of the occasion, there is always Pisco, a Chilean liquor. Often served with Coke over ice, Pisco is a point of Chilean national pride.

“It’s a big dispute between Peru and Chile for who has the best Pisco,” Johnson said. “If Peru and Chile ever went to war with each other, I think it would be over Pisco.”



Courtesy of Mary Emma Johnson

Mary Emma Johnson stands in front of the ocean on the coast of Chile.

Johnson’s time in Chile did not always feel like a party. Studying abroad can be an uncomfortable experience, one that pushes a traveler well beyond his or her comfort zone.

“It was challenging, sometimes, being new to a city and trying to overcome language and cultural barriers,” Johnson said. “So it’s not like it was like, super great and perfect all the time. Sometimes it was really hard and lonely and frustrating.”

However, Johnson was quick to say that those challenges are what make studying abroad such a rewarding experience. Learning to overcome the difficulties of navigating a foreign country is what allows a traveler to grow personally.



Courtesy of Sarah Robles

Nicholson (second to the right) and students in Santiago, Chile.

ATO and KA host annual CountyLine concert



Courtesy of Garrick DeBowles

Atlas Road Crew guitarist interacts with the crowd during their performance on Aug. 25.



Emily Bryant / Photo Editor

Atlas Road Crew opened CountyLine on Aug. 25.



Emily Bryant / Photo Editor

A group of Zetas pose for a photo at CountyLine.



Emily Bryant / Photo Editor

CBDB performed on Saturday, Aug. 25.

ARTS & LIFE



“Freshmen should not buy textbooks; they should rent textbooks.”

– Mary Spears, junior history and political science major



“A freshman should not be afraid to try new things. Whether it be a club or a campus ministry or even a Greek organization, you should always be open to try new things in college. That’s kind of what you’re here to do.”

– Terrance Phillip, junior physics major



Q: What is the one thing freshmen should never do?

Compiled by Eva Sheehan



“Freshmen should not be afraid to talk somebody. Whether it’s [your] professor or somebody that’s not your year, just don’t be afraid to talk to someone else on this campus that you don’t think is a freshman, because that is how I made some of my greatest connections.”

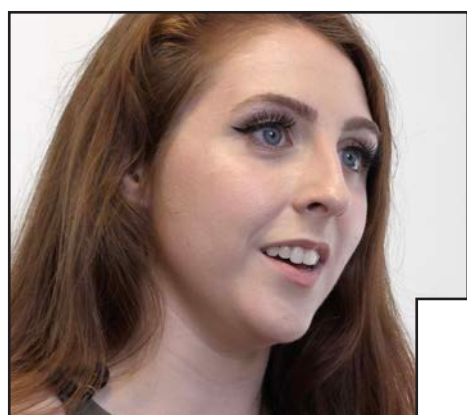
– Christy Helms, senior English creative writing and liberal studies major



“Don’t procrastinate. I know everyone says that, but that’s because it’s so true. If you start working on projects and papers well in advance, you stress less, and a lot of times if you need help, professors are willing to help.”

– Kassie Dierker, sophomore music therapy major

Check out the video of Shelbea Fordham’s vocal performance



Cat Crew fast facts



ARTS & LIFE

Fordham wins scholarship



Shelbea Fordham performs a piece by Mozart in a practice room. *Photos by Hetty Bishop / Video Editor*

Sydney Saxon Staff Writer

Before beginning her vocal performance, senior Shelbea Fordham, a general music major, cleared her throat, took a sip of water and expertly maneuvered the music stand to her liking. She pressed a single key on the piano to find the correct pitch and began singing with ease.

Fordham is one of about 10 students who received a music scholarship for the 2018-19 school year, an accomplishment she described as extremely rewarding.

The music scholarship fund would not be possible without donations from the public made at performances such as the “Hidden Gems and Beloved Classics” recital that took place on Aug. 28.

Such performances are free and open to the public, but the department encourages \$5 donations to benefit the GC Music Scholarship fund.

The recital featured performances from Bradley Sowell, a voice professor at GC, and his friend and colleague from graduate

school Dana Carlson, who is a teacher and performer. Lev Ryabinin played piano as an accompanist.

“There’s going to be a fun energy to this concert,” Sowell said. “We are very good friends and have always wanted to do a recital together. The energy and excitement are very tangible, and there will be a sense of joy on stage from finally getting to do this together.”

Sowell said that applicants who receive music scholarships take pride in their performance as well as their academics.

Fordham, a former student of Sowell’s, used her passion for singing and career aspirations to fuel her desire to receive the scholarship. She said the application process was intimidating but rewarding in the end.

Fordham has been singing since elementary school and has known from a young age that she wanted to pursue a career in music. This scholarship is a helpful stepping stone toward that goal.

Fordham’s passion for her art made for an engaging performance. As she sang, the look of joy on her face

revealed that she loved what she was doing.

“Shelbea is one of the most talented artists in the music department,” said Arianna Baxter, Fordham’s friend and fellow performer. “She has a way of bringing characters to life even when she is just singing solos for a recital performance.”

Both Sowell and Fordham said the best part of GC’s music department is the familial bond that comes from being part of a group that shares a love for creating sound.

“We often have class sizes as small as eight students, whereas at large conservatories you might have classes with up to 30 students, so students are able to receive very personalized educations here at GC,” Sowell said.

The GC Department of Music is a small, tight-knight organization full of passionate people. The “Hidden Gems and Beloved Classics” concert exhibited this camaraderie between performers within the department.

“Music gives you a voice to express yourself,” Fordham said. “When words can’t say what they need to say, music can speak.”



Fordham turns the page of her sheet music as she performs.



Fordham is one of 10 students who received music scholarships.

HOW TO BE A GOOD RESIDENT

- 1 SPEND TIME IN THE COMMUNITY AND STUDY ROOMS. USE THIS SPACE TO GET TO KNOW YOUR NEIGHBORS AND CONNECT WITH NEW PEOPLE.
- 2 ASK YOUR CA QUESTIONS ABOUT GC AND ITS RESOURCES. THEY WANT TO HELP YOU HAVE THE MOST REWARDING COLLEGE EXPERIENCE.
- 3 IN THE FIRST FEW WEEKS OF SCHOOL, JOIN AN ORGANIZATION THAT IS EXCITING TO YOU, WHETHER IT’S AN INTRAMURAL OR A CLUB.
- 4 BE FLEXIBLE. WHEN SETTLING INTO A NEW PLACE, UNDERSTAND THAT IT WILL TAKE TIME TO LEARN HOW TO LIVE WITH SOMEONE NEW.
- 5 KEEP AN OPEN LINE OF COMMUNICATION WITH YOUR ROOMMATES AND CA. MAKE SURE EVERYONE WHO LIVES WITH YOU FEELS LIKE THEY HAVE A VOICE.
- 6 IT’S OKAY TO ADVOCATE FOR YOURSELF. IT’S ALSO OKAY TO ASK YOUR CA OR CD FOR HELP WHEN NAVIGATING SITUATIONS.
- 7 MAKE A CLEANING BOARD OR CHORE CHART THAT WILL PROVIDE ACCOUNTABILITY FOR A CLEAN SPACE. ALSO, USE THIS BOARD TO SCHEDULE FUN EVENTS THAT ARE COMING UP, LIKE A BIRTHDAY OR CONCERT.
- 8 IF THERE ARE ANY PROBLEMS BETWEEN ROOMMATES, COMMUNICATE WITH YOUR CA AND CD BEFORE THE ISSUE GETS OUT OF HAND.
- 9 DO NOT USE “PASSIVE AGGRESSIVE” STICKY NOTES. INSTEAD, USE STICKY NOTES FOR ANONYMOUS ENCOURAGEMENT.
- 10 INTENTIONALLY BUILD LONG-LASTING RELATIONSHIPS WITH THE PEOPLE ON YOUR HALL AND WITH THE COMMUNITY ADVISORS.

HELPFUL ADVICE WAS GIVEN BY SENIOR HAYLEY HOUSEMAN, A SECOND-YEAR COMMUNITY ADVISOR IN PARKHURST HALL AND PSYCHOLOGY MAJOR, AS WELL AS CLEM BELL III, COMMUNITY DIRECTOR OF PARKHURST HALL.